

EMS Instructor Update

Nov. 11, 2006

2006 EMS Symposium

Sheraton Hotel
777 Waterside Drive
Norfolk, Virginia 23510

Time: 9:00 AM to 1:00 PM

Directions to the update:

.....

From the Shenandoah Valley and Richmond (via I-64 East):

1. Take I-64 East toward Richmond.
2. Just before reaching Richmond, take I-295 South (toward Norfolk, Virginia Beach).
3. Bypass Richmond, then get back onto I-64 East.
4. Continue to I-264 West and take Exit 284A (toward Norfolk).
5. Follow Exit 9 to Waterside Drive.
6. Travel approx. 3/4 mile the Sheraton will be on your left.

From points North (via I-95 South):

1. Take Interstate 95 South toward Richmond.
2. Just before Richmond, take Interstate 295 South (toward Norfolk, Virginia Beach).
3. Bypass Richmond, then get back onto Interstate 64 East.
4. Continue to Interstate 264 West and take Exit 284A (toward Norfolk).
5. Follow to Exit 9 Waterside Drive.
6. Travel approx. 3/4 mile the Sheraton will be on your left.

From points West (Southwest and Southside Virginia) (via SR-58):

1. Take Route 58 East (toward Norfolk).
 2. Follow 58 East to I-264 East (toward Norfolk).
 3. Go through the downtown tunnel and over the bridge.
 4. Take the Waterside Drive Exit and stay on the left.
-